



Proud to Be Here, Proud to Serve



U.S. Army Accessions Command



**AAC Research
Consortium**

Physical Training Standardization

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Accessions Commander's Direction

Implement a systematic approach to IET physical training in order to enable all soldiers to meet the standard on the current APFT while controlling injuries.

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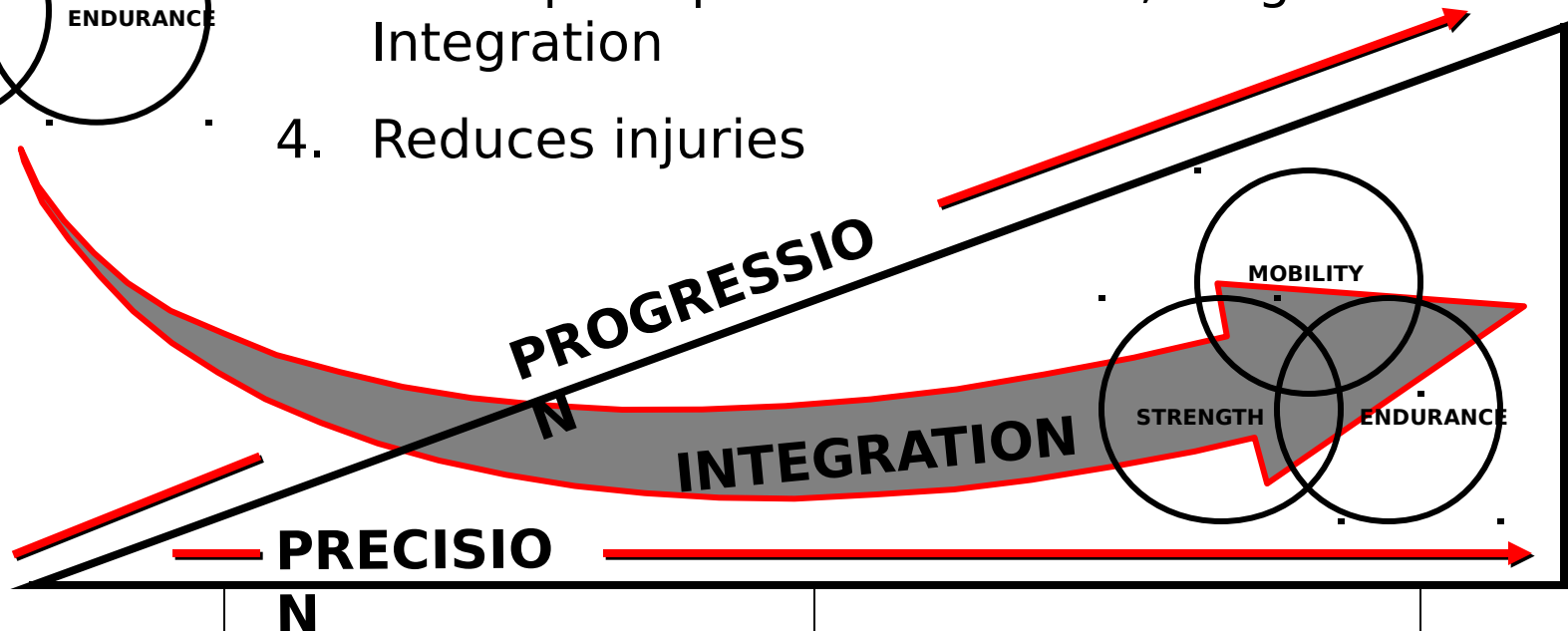
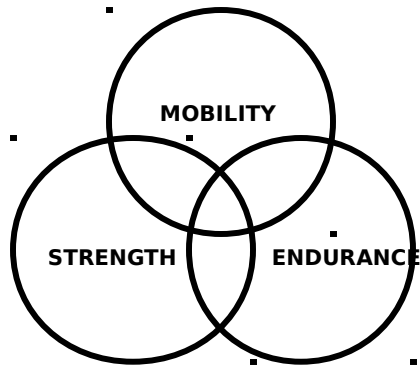
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The Standardized PT Program

1. Prescriptive and progressive PT system
2. Trains components of Strength, Endurance and Mobility
3. Trains principles of Precision, Progression and Integration
4. Reduces injuries



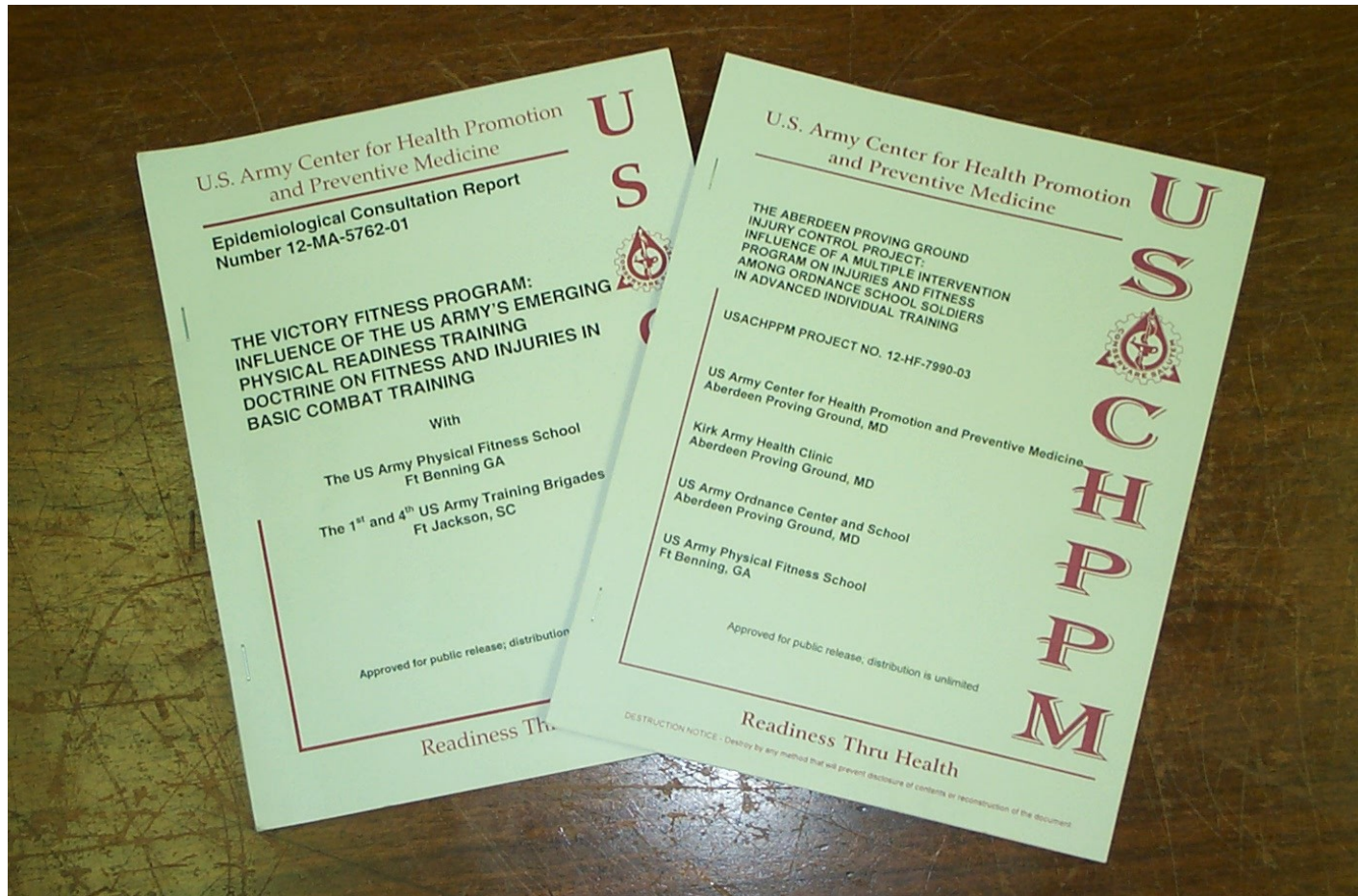
Standardized, Rigorous Training Based on Tasks that Must be Accomplished

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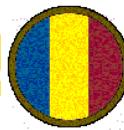
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"The Victory Fitness program reduced overuse injuries while allowing a higher success rate on the APFT."

"The multiple intervention program was successful in reducing injuries while maintaining improvements in physical fitness necessary to pass the APFT."

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Training Conducted to Date

- Drill Sergeant Schools (FLW, FJ, FB)
- Army Training Centers (FJ, Knox, FB, FLW, Sill)
- Ft Bliss
- Ft Lewis
- Ft Lee



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Training to be Conducted

- Drill Sergeant Train-the -Trainer (FJ, 27-30 Jan 04)
- Drill Sergeant Train-the -Trainer (FB, 17-20 Jan 04)

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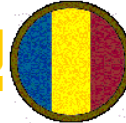
Implementation

Implementation of the TRADOC Standardized PT program is scheduled for 1 March 2004 at all IET sites for all new starts.



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**Study & Training
Development Phase**

**Leader
Training
Phase**

**Decision
Phase**

Jan
Oct

Feb
Nov

Mar
Dec

Apr

May

Jun

Jul

Aug

Sep

Senior Leader Conferences



Validate Standardized PT (FB,FJ)

AIT Pilot Ft
Lee

DSL T² (FB, FJ,
FLW)

ATC DS
T²

Revise
DSS
Fitness
TSP

Revise BCT Fitness TSP

BCT Fitness TSP

Revise DSS Fitness TSP

Warrior Ethos TF

Revise AIT and OSUT
Fitness TSP

Develop IMT T²
Implementation Plan

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Implementation Phase

Jan Oct Feb Nov Mar Dec Apr May Jun Jul Aug Sep

★ Implement Standardized
PT

Revise 350-★

DS T² (FB,
FJ)

Revise
BCT
Fitness
TSP

ATC DS T²

Warrior Ethos TF Ft Knox

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